

# Travel and Emergency Preparedness List

This list is from Logging My Life by Abby Brown available at most online retailers. You are welcome to use it, and add items as needed.

Stop or hold mail and newspapers \_\_\_\_\_  
Pay, or schedule, bills that will occur during time \_\_\_\_\_  
Turn off, and/or unplug electronics \_\_\_\_\_  
Yard Care \_\_\_\_\_

Pet/child/elder care:

Name: \_\_\_\_\_  
Caretaker Name: \_\_\_\_\_  
Caretaker Address: \_\_\_\_\_  
Caretaker Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_  
Caretaker Name: \_\_\_\_\_  
Caretaker Address: \_\_\_\_\_  
Caretaker Phone Number: \_\_\_\_\_

7 Changes of clothes \_\_\_\_\_  
Socks \_\_\_\_\_  
Shoes \_\_\_\_\_  
Sleeping Outfit \_\_\_\_\_  
Blanket \_\_\_\_\_  
Pillow \_\_\_\_\_  
Jacket/Coat \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Travel and Emergency Preparedness List

## Medical Needs:

### Medications

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### Heating Pad

### Hearing Aid Batteries

### Dentures

### Denture Cleaner

### Toothbrush

### Toothpaste

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## Dietary Needs:

### Food

### Drinks

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## Travel and Emergency Preparedness List (Page 3)

### Electronic Needs:

Phone \_\_\_\_\_

Phone Charger \_\_\_\_\_

IPad \_\_\_\_\_

IPad Charger \_\_\_\_\_

Laptop \_\_\_\_\_

Laptop Charger \_\_\_\_\_

Item Charger \_\_\_\_\_

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### Other Needs: (Such as weighted blanket, cane, walker, wheelchair, and accessories)

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